Haunted Spirits of Citrus Heights:

Paranormal Activity at Enfuzion Bar & 12 Mile House

By Paul Dale Roberts, Halo Paranormal Investigations

Enfuzion Bar & Lounge in Citrus Heights, California, is rife with paranormal activity. Patrons have seen shadow people, spotted objects moving around on their own, and witnessed curtains being knocked down to the floor.

In the 1800s, the location had been an asylum, but it was torn down and eventually became the restaurant and bar that's there now. Believe this or not, the main entity drinks alcohol — alcohol reportedly disappears from bottles.

Haunted Citrus Heights

Across the street from the Enfuzion Bar is the 12 Mile House, which was built in the 1800s. The establishment was used as a Teamster way station and later became a bar, until 1998. The 12 Mile House is one of the oldest establishments in Citrus Heights.

I believe that since the Enfuzion Bar is right across the street from the 12 Mile House, perhaps some of the spirit activity has bled over from the historical site. So, with my team, we decided to investigate inside and outside of the Enfuzion Bar and take a walk across the street and investigate the 12 Mile House as well.

There is plenty of history in Citrus Heights. The Plains Miwok tribe and the Valley Nisenan (Maidu) tribe once had settlements on the land. In 1863, ground was broken in the area of Citrus Heights for the Pacific Railroad that went into the Central Township. There were many injuries and work-related deaths on the railroad tracks.

When I lived in Citrus Heights, locals told me that on Old Auburn Road, you could see a light in the distance. And when you approached the light, the light would disappear. Locals believe that this ghostly light was the "Lamp Man," a railroad worker who was killed on the railroad tracks.

In the 1860s, Corneilius Donahue built a ranch in Citrus Heights. There were a few work-related deaths on his ranch. Then in 1932, during the Great Depression, fruit farming came to a halt in Citrus Heights, and there were stories that some farm workers died of starvation.

Enfuzion Bar & Lounge is notorious for paranormal activity, including sightings of shadow people, objects moving independently, and unexplained alcohol disappearance.

Only eight minutes away from Enfuzion Bar & Lounge is Camp Kohler, which was a temporary detention center for 4,700 Japanese Americans in 1942. There are numerous stories of Japanese Americans who died at the camp.

I have investigated some homes in Citrus Heights that were haunted by Japanese Americans who were incarcerated at the Camp, and perhaps this might have something to do with the haunting at the Enfuzion Bar & Lounge.

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The Halo Paranormal Investigations team captured EVPs and several psychic impressions at both sites.

More recent deaths near the bar are deaths on Auburn Road. Recent deaths are a bicyclist killed by a vehicle, death by gunfire during a road rage incident, and death by car accident. Our team's psychic Deanna Jaxine Stinson (aka Wish Fire) lived in an apartment in Citrus Heights that was haunted.

Also, I might mention that the notorious Joseph James DeAngelo (aka the Golden State Killer) lived in Citrus Heights. So, as you can see, Citrus Heights has a lot of dark history, and there could be many reasons why a seemingly innocent bar is haunted.

Now let's look at the investigation.

Investigation Findings

We had a big team investigating the location, including myself; psychics Wish Fire, Catherine Marie Collins, and Cat; EVP specialist Alaceo "Big Al" Rosatano; documentarian Christian Appel; and photo analysts Justin Thomas, James Rutter, and Nghia.

We conducted an investigation during the time that the bar/restaurant was open. There were many patrons watching the football game. In the main area, there was a lot of noise, but that was OK, as we sought out quiet spots, including the office area, the side entrance, and patio. We also investigated the 12 Mile House across the street.

We were very successful in obtaining EVPs. Wish Fire pointed out in the office area that she was getting a vision of a large butterfly, which represents how a butterfly undergoes a miraculous metamorphosis. They become symbols of transformation, change, rebirth, and even resurrection.

Wish Fire and Catherine both pointed out an area on the side of this establishment that had spirit activity. I did manage to get two EVPs that were unintelligible.

At the 12 Mile House, we obtained an EVP that said, "Hello." We could not get the entity to identify himself or herself and decided it was time to do a cleansing.

I did a four winds prayer on the establishment, which covers everything. The cleansing was a Roman Catholic cleansing. Since it was Christmas Eve, Wish Fire handed out blessed wooden incense boxes to everyone. Inside the incense boxes were incense. Wish Fire also gave out blessed candles.

Wish Fire, Catherine, and Cat were very helpful in identifying areas that were hotspots for spirit activity. This was a very interesting investigation, and I hope that my cleansing was successful. ◆